

# OTTAWA-CARLETON ULTIMATE ASSOCIATION



## BOARD BULLETIN Winter 2024



Hello OCUA members, and welcome to the Winter 2024 edition of the Board Bulletin! With the end of summer and fall seasons, we would like to acknowledge and give thanks to the staff, volunteers (captains, coordinators, convenors and coaches) and the rest of the OCUA membership for an excellent 2024. As always, we welcome your feedback, input and comments, and look forward to seeing you on the (indoor) fields through the Winter!

### Board of Directors

Joining Karlis Bouse (Chair), Tina Tremblay (Vice-Chair), Andrea Bombala, Kelly Fulton, and Emma Wilson-Pease on the 2024-2025 OCUA Board of Directors are Leona Campbell and Yang Xu. Let us introduce you to these wonderful people.



Leona started playing with OCUA in 2009 on Disco Crew which is still going strong, and has captained, played or subbed on many other teams over the years year round. She enjoys introducing people to the game of Ultimate and getting them hooked as well. Leona has many years of experience working with volunteers, boards and committees with strong organizational and creative skills. In her "spare" time, she is a photographer, a crafter, a Girl Guide leader and an outdoor enthusiast who enjoys hiking, paddling and camping.

Yang made his debut in Ultimate frisbee in 2012, playing along with friends at a park land then graduating to intramurals, OCUA summer leagues and more recently playing with competitive alliance teams. He enjoys the athletic and strategic aspects of the game, but above all, he loves its welcoming and friendly community. Yang enjoys volunteering for causes and organizations he's passionate about. He strives to help maintain a high spirit of games in the sport, while keeping the players safe and playing at high levels. Yang hopes to use his team- player and self-starter skills to assist OCUA advance its vision and better serve the Ultimate frisbee community in Ottawa.



**KARLIS BOUSE**  
(He/Him)  
*CHAIR*

**TINA TREMBLAY**  
(She/Her)  
*VICE-CHAIR*

**MARTINE BERGERON**  
(She/Her)  
*SECRETARY*

**ANDREA BOMBALA**  
(She/Her)  
*DIRECTOR*

**LEONA CAMPBELL**  
(She/Her)  
*DIRECTOR*

**KELLY FULTON**  
(She/Her)  
*DIRECTOR*

**EMMA WILSON-PEASE**  
(She/Her)  
*DIRECTOR*

**YANG XU**  
(He/Him)  
*DIRECTOR*

### OCUA is Looking for a Volunteer Treasurer

Good with numbers? OCUA is seeking a volunteer to fill the role of **TREASURER** for the league. If you're comfortable with managerial accounting, financial management and reporting practices — and want to support your Ultimate community — this is the opportunity for you!

In this role, you will work directly with the Board of Directors and Executive Director. The Board welcomes those who would contribute to the further diversification of the Board, and encourages candidates to voluntarily indicate if they are a member of an equity deserving group (e.g., a woman, a member of the LGBTQ2+ communities, an Indigenous person, a member of a visible minority group, or a person with a disability).

If you are interested in supporting OCUA in this role, send an e-mail to [chair@ocua.ca](mailto:chair@ocua.ca).

# OTTAWA-CARLETON ULTIMATE ASSOCIATION

## Join the UPI Working Group Help Shape the Future of Our Ultimate Community!

Are you passionate about Ultimate Frisbee and Ultimate Parks Incorporated (UPI)? We're seeking dedicated members to help maintain and enhance OCUA's land at UPI. This is a 1-year term commitment with quarterly meetings (or more as needed), and you'll roll up your sleeves to pitch in to help on both immediate projects and long-term plans.

### Why join the working group?

- Collaborate with fellow Ultimate enthusiasts.
- Contribute to improving UPI for the benefit of the entire community.
- Be part of a team working to preserve, protect, and improve our home fields.

### Got expertise but cannot commit to being part of the working group?

We're also seeking OCUA members with businesses, skills, or expertise in the following areas, willing to offer services either at cost in return for advertising and/or other mutually beneficial arrangements:

- Tree cutting, brush clearing, wood chipping, stump removal
- Irrigation systems, drainage, landscaping
- Road work (for parking lot)
- Carpentry/decking (for bridges)
- Electrical work



### Interested?

To apply to be part of the group or to offer your expertise, email us at [upi.wg@ocua.ca](mailto:upi.wg@ocua.ca) with a few words on why you're interested and what you can bring to the team!

## Member Feedback Summer Survey

This year, OCUA reinstated its summer league survey, receiving over 250 responses. We greatly appreciate all the players who took the time to share their feedback, which will help us assess and improve our league offerings. Given the volume of responses, we will need additional time to fully analyze all the results, but here is a preliminary overview:

**Communication and Scheduling:** Players generally rate OCUA communications and league coordinators positively. However, some raised concerns about last-minute field changes, which complicated team coordination. There were also requests for game schedules to be released earlier each week, a request which the staff has since passed onto various coordinators.

**Gender Ratio:** Implementation of the *WFDF Gender Ratio Rule A* received generally favourable responses with most WN2 players appreciating the change and having an improved playing experience. Though tracking the ratio during the game is challenging, several respondents have noted that the use of tracking apps has eased the transition and that it became easier over time. Some respondents commented that recruitment of WN2 players and subs remains a challenge.

**Field Locations:** Feedback on field locations is mixed. Certain players prefer the lined and regulation-sized UPI fields, giving them a proper Ultimate playing experience. Others find the commute is a bigger concern and would prefer more centralized playing locations.

Over the coming months, the Board will continue to help its staff to analyze the survey responses. We hope to make the next summer playing experience even more enjoyable for all.

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## UPCOMING BOARD MEETINGS

Board meetings are held virtually monthly and are open to members upon request.

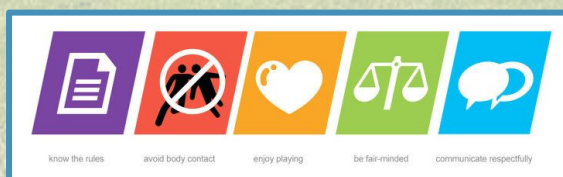
If you would like to attend, please email the Chair of the Board at least two days prior to the meeting at [chair@ocua.ca](mailto:chair@ocua.ca)

## Spirit of the Game

Spirit of the Game (SOTG) is at the heart of Ultimate and is a defining characteristic of the sport. With no officials, Ultimate relies on the Spirit of the Game, placing the onus of **fair** and **honourable play** on the players themselves.

The ultimate goal is always to have fun while playing hard in a safe environment. We can achieve that by:

- **Knowing the Rules** and being willing to learn the rules if unsure. Share your rules knowledge respectfully. Respecting Ratio Rule A when applicable.
- **Avoiding Body Contact** by having self control and spatial awareness while playing. **The safety of everyone on the field should always come before a play on a disc.**
- **Enjoy Playing**; be positive, recognize good plays from both teams and just have fun!
- **Be Fair-Minded** by actively listening to a person's perspective and seeking clarification when unsure on the proper call. Play in an honourable way.
- **Communicate Respectfully** by being approachable, avoiding derogatory or aggressive language while keeping a calm and respectful tone and body.
- **Be Inclusive** by including everyone in game play and using inclusive language such as **MATCH** and **MELT** instead of man. Foster a positive environment for all players.



One part of SOTG that is often overlooked is **being ready to play on time** which is particularly important for the winter season where some games are only 1 hour. Being ready to play on time is a gesture that demonstrates respect to your teammates and opponents.

## Introduction to Board Committees

**Finance & Audit:** Provides guidance and oversight for financial matters, including the stewardship of resources and sound controls.

**Governance & Risk:** Provides guidance and oversight to ensure compliance with legal and regulatory requirements, and monitors Board structures and processes. Risk oversight was added to better align committee roles and responsibilities.

**Human Resources:** This committee is responsible for oversight of Executive Director objectives, performance reviews, and compensation, HR and compensation policies, and succession planning and development.

**Strategy & Long Term Planning:** This committee supports the Board's forward-looking endeavours and to support the sustainable development of our organization.

**Equity, Diversity & Inclusion:** As an advisory committee, the EDI committee makes recommendations to both the Board and Executive Director as appropriate. It is chaired by a Director and made up of OCUA member volunteers.